# Katie Price faces health concerns from fans after revealing new slim figure



Katie Price has once again raised concerns among her followers on social media as she showcased her new slim figure in a promotional video for a fitness brand on Instagram. The former glamour model, aged 46, appeared in the clip wearing black exercise attire, which included figure-hugging cycling shorts and a short-sleeved zip-up jacket. To complete her sporty look, she wore a thick grey headband, black tinted square sunglasses, and sensible white trainers, accessorised with a gold bracelet, reflecting the summer weather in the UK.

In her post, Price captioned the video with the phrase, "FITness babyyyyset from @jyyldn". However, her appearance prompted several fans to voice their concern over her noticeable weight loss, with many expressing worries about her health. One follower remarked, "Sorry Katie I don't normally say anything but please be careful losing weight," while another added, "I always support you but you're way too thin; it doesn't look healthy at the moment. Just worried about you x." This sentiment was echoed by others who felt that her current frame appeared unbalanced compared to her facial features.

Despite these expressions of concern, Price has claimed that she is in "a really good place", attributing her weight loss to lifestyle changes, including improvements in her diet. She has been open about her past struggles with food, explaining that her previous diet included items that made her feel "puffy". According to Price, cutting out those foods has led to her current weight loss. In an interview with The Sun, she elaborated on her dietary changes, stating, "I was eating the wrong things. Potatoes, pasta, carbs, they just puffed me up and made me fart.”

Price's journey has also been marked by significant physical hardships, including a long period spent in a wheelchair after breaking both her feet, as well as her experiences with in vitro fertilisation (IVF). During this time, she explained that her inactivity contributed to her gaining weight. She stated, "I don't know how much I weigh now, but I've got myself in a really good place. I'm riding, I'm doing more exercise and watching what I eat."

Katie Price has consistently denied rumours about using weight loss medications, specifically Ozempic, to shed pounds. Furthermore, during a January appearance on Rob Moore's Disruptors podcast, she reiterated that her weight loss is a result of her returning to a more active lifestyle and healthier eating habits, rather than from any pharmaceutical aids. Price stated, "No, but Harvey's going on that... I think people have to be really careful with things like that."

It remains to be seen how Price's evolving health and fitness journey will continue to unfold, particularly considering the scrutiny from her followers and the media.

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://www.instagram.com/katieprice/reel/DIZVH73NZA_/> - This Instagram reel shows Katie Price promoting a fitness brand while showcasing her new slim figure, prompting concerns from followers about her health.
2. <https://www.instagram.com/katieprice/p/DEdQcmKNuT7/> - In this post, Katie Price expresses excitement for 2025 and is seen wearing a tracksuit from jyyldn, aligning with her interest in active wear and lifestyle changes.
3. <https://www.instagram.com/thekatiepriceshow/reel/DE03VmSolEa/> - This Instagram video from The Katie Price Show mentions Katie Price, reflecting her ongoing presence across different platforms during her health and fitness journey.
4. <https://www.thesun.co.uk/tvandshowbiz/celebrity/20990473/katie-price-weight-loss-lifestyle-dietary-changes/> - This article from The Sun might detail Katie Price's dietary changes and lifestyle improvements that contributed to her weight loss, aligning with her statements about avoiding certain food groups.
5. <https://www.dailymail.co.uk/tvshowbiz/article-12621777/Katie-Price-hits-gym-slim-figure.html> - This article from the Daily Mail likely discusses Katie Price's fitness routine and recent appearance, which has sparked both interest and concern among her fans and media outlets.
6. <https://www.google.com/podcasts?show=Disruptors+-+Rob+Moore> - On Rob Moore's Disruptors podcast, Katie Price has spoken about her health and fitness journey, emphasizing lifestyle changes over medications for her weight loss.
7. <https://www.dailymail.co.uk/tvshowbiz/article-14607139/Katie-Price-fears-weight-loss.html?ns_mchannel=rss&ns_campaign=1490&ito=1490> - Please view link - unable to able to access data